SETON OPTION COURSES

DESCRIPTIONS

CAREER AND TECHNOLOGY FOUNDATION COURSES

AS A PART OF OUR COMPLEMENTARY PROGRAM, CAREER AND TECHNOLOGY FOUNDATIONS PROVIDES STUDENTS WITH OPPORTUNITIES TO ACQUIRE SKILLS THAT CAN BE APPLIED NOW AND, IN THE FUTURE, AS THEY MAKE THE TRANSITION INTO ADULT ROLES IN THE FAMILY, COMMUNITY, WORKPLACE, AND/OR FURTHER EDUCATION.

STUDIES IN CTF HELP STUDENTS TO:

- BUILD PRACTICAL SKILLS THEY CAN USE IN EVERYDAY LIFE AND IN THE FUTURE
- EXPLORE DIFFERENT CAREERS AND DEVELOP CAREER-PLANNING SKILLS
- DEVELOP SKILLS RELATED TO TECHNOLOGY AND INNOVATION
- STRENGTHEN SKILLS THAT ARE VALUABLE IN THE WORKPLACE
- CONNECT AND APPLY LEARNING FROM OTHER SUBJECTS IN MEANINGFUL, HANDS-ON WAYS

PHOTOGRAPHY (COMMUNICATION TECHNOLOGY)

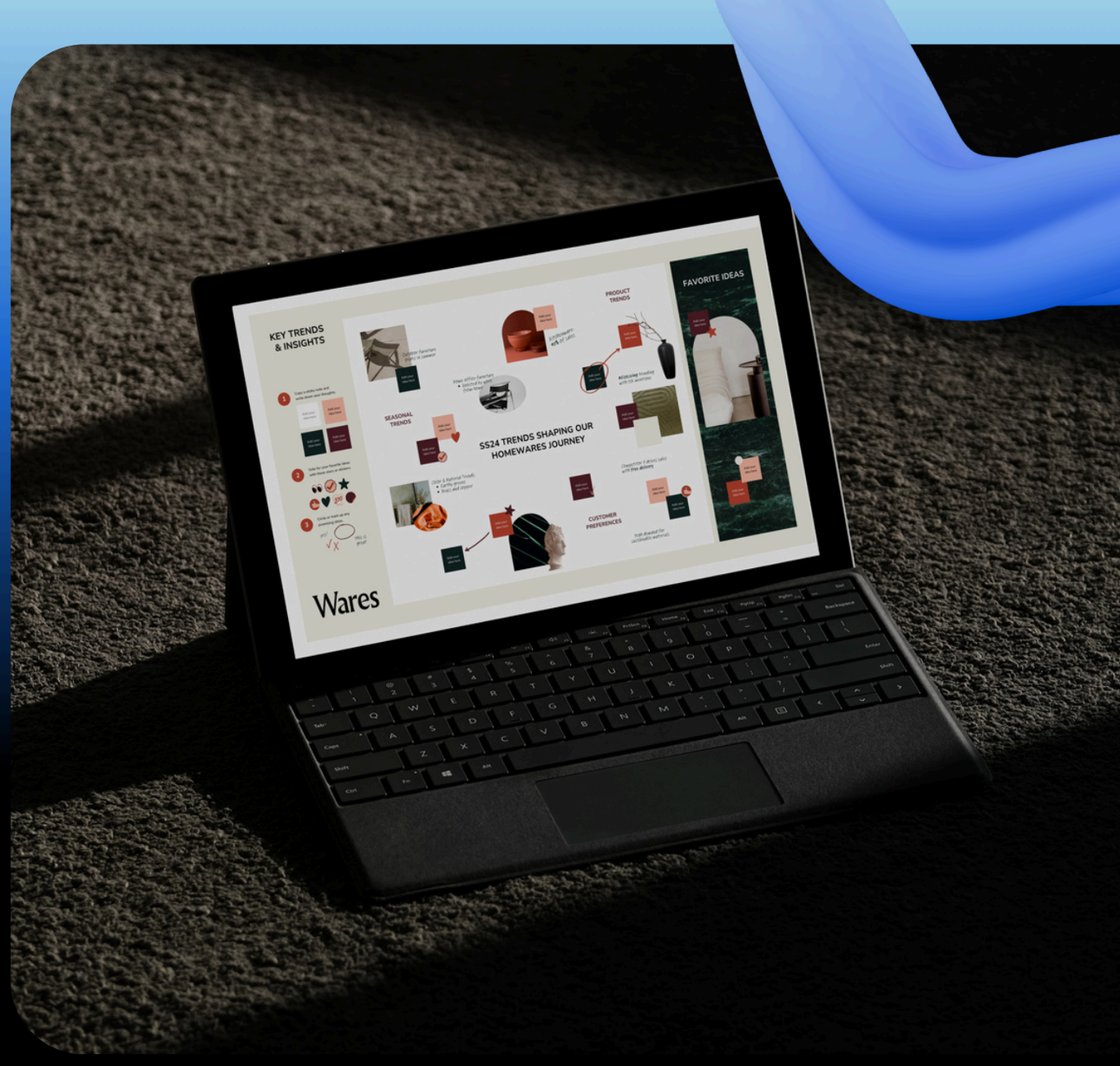
PHOTOGRAPHY CLASS COMBINES TECHNICAL SKILLS WITH ARTISTIC EXPRESSION TO HELP STUDENTS DEVELOP A DIGITAL PORTFOLIO. OVER THE SEMESTER, STUDENTS WILL LEARN HOW THE FEATURES OF A CAMERA CAN BE USED TO CREATE UNIQUE PHOTOGRAPHIC ART. IMPORTANT CONCEPTS INCLUDE COMPOSITION, THEME AND LIGHTING. CAMERAS ARE PROVIDED FOR STUDENTS.



COMPUTER SCIENCE

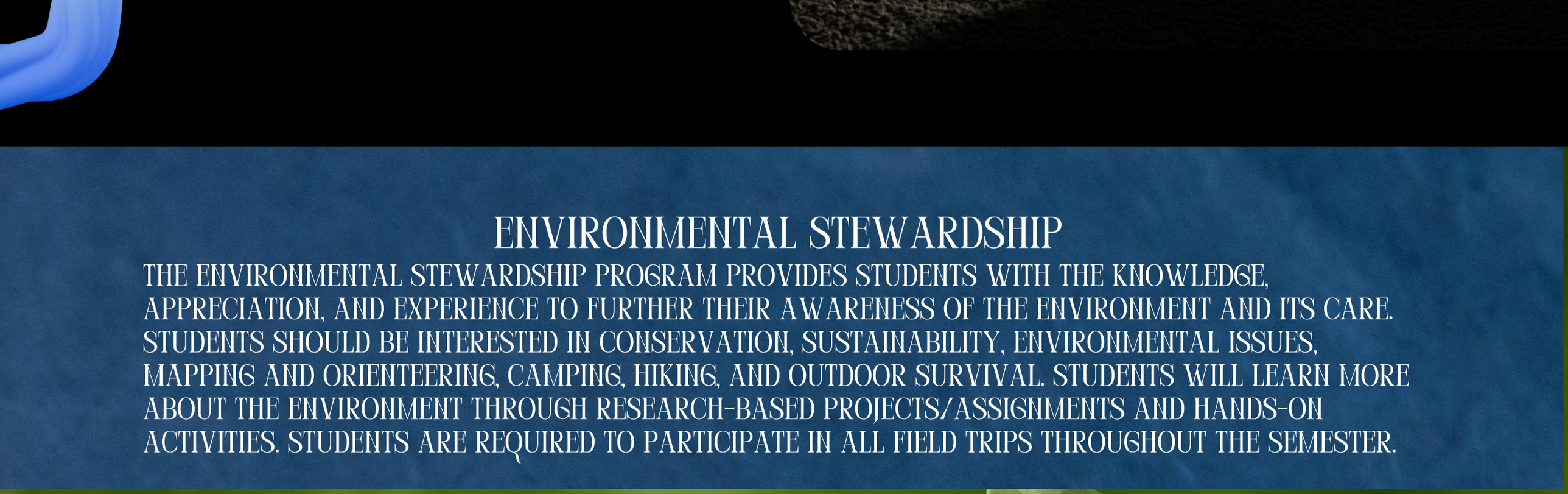
THIS IS A HANDS-ON COURSE, STUDENTS TRANSITION FROM EVERYDAY TECHNOLOGY CONSUMERS TO INNOVATIVE PROBLEM-SOLVERS. GUIDED BY OUR CATHOLIC FAITH, WE CHALLENGE STUDENTS TO BE RESPONSIBLE DIGITAL CITIZENS AND USE TECHNOLOGY TO POSITIVELY SERVE THE COMMON GOOD.
HERE IS WHAT STUDENTS WILL EXPLORE:

- 3D DESIGN & PRINTING: BRING IDEAS TO LIFE! STUDENTS DESIGN CUSTOM 3D MODELS AND PRINT THEIR CREATIONS. WE CELEBRATE THE BIG WINS (LIKE A CUSTOM SPIDER-MAN BUST OR A COLOR-SHIFTING CHESS PIECE) AND LEARN FROM THE MESSY MISTAKES (LIKE A TANGLED "SPAGHETTI" PLASTIC PRINT!).



ENVIRONMENTAL STEWARDSHIP

THE ENVIRONMENTAL STEWARDSHIP PROGRAM PROVIDES STUDENTS WITH THE KNOWLEDGE, APPRECIATION, AND EXPERIENCE TO FURTHER THEIR AWARENESS OF THE ENVIRONMENT AND ITS CARE. STUDENTS SHOULD BE INTERESTED IN CONSERVATION, SUSTAINABILITY, ENVIRONMENTAL ISSUES, MAPPING AND ORIENTEERING, CAMPING, HIKING, AND OUTDOOR SURVIVAL. STUDENTS WILL LEARN MORE ABOUT THE ENVIRONMENT THROUGH RESEARCH-BASED PROJECTS/ASSIGNMENTS AND HANDS-ON ACTIVITIES. STUDENTS ARE REQUIRED TO PARTICIPATE IN ALL FIELD TRIPS THROUGHOUT THE SEMESTER.



FOODS

GRADE 7

GRADE 7 FOODS INTRODUCES STUDENTS TO THE FOUNDATIONS OF COOKING AND BAKING IN A FUN, HANDS-ON ENVIRONMENT. STUDENTS LEARN KITCHEN SAFETY, FOOD PREPARATION, MEASURING, EQUIPMENT USE, AND BASIC COOKING AND BAKING TECHNIQUES THROUGH GROUP COOKING LABS. STUDENTS DEVELOP CONFIDENCE IN FOLLOWING RECIPES, WORKING AS A TEAM, MAINTAINING A CLEAN AND SAFE KITCHEN, AND MAKING RESPONSIBLE FOOD CHOICES. SEASONAL RECIPES AND CREATIVE ACTIVITIES HELP STUDENTS BUILD PRACTICAL SKILLS THEY CAN USE AT HOME AND BEYOND THE CLASSROOM.

FOODS

GRADE 8

GRADE 8 FOODS BUILDS ON THE FOUNDATIONAL SKILLS DEVELOPED IN GRADE 7. STUDENTS EXPAND THEIR KNOWLEDGE OF COOKING AND BAKING BY WORKING WITH A WIDER VARIETY OF RECIPES, INGREDIENTS, TECHNIQUES, AND EQUIPMENT. THROUGH HANDS-ON GROUP COOKING LABS, STUDENTS DEVELOP GREATER CONFIDENCE, ORGANIZATION, TEAMWORK, FOOD SAFETY, AND PROBLEM-SOLVING SKILLS WHILE EXPLORING BOTH SWEET AND SAVOURY FOODS. SEASONAL RECIPES AND COOKING CHALLENGES GIVE STUDENTS OPPORTUNITIES TO APPLY AND BUILD ON THEIR SKILLS.

GRADE 9

GRADE 9 FOODS BUILDS ON THE SKILLS DEVELOPED IN GRADES 7 AND 8, WITH A GREATER FOCUS ON INDEPENDENCE, PLANNING, AND APPLYING COOKING KNOWLEDGE. STUDENTS PREPARE A VARIETY OF RECIPES THROUGH HANDS-ON GROUP COOKING LABS WHILE DEVELOPING THEIR ABILITY TO USE DIFFERENT TECHNIQUES, MAKE THOUGHTFUL FOOD CHOICES, SOLVE PROBLEMS, AND ADAPT RECIPES. CREATIVE PROJECTS AND CULINARY CHALLENGES ENCOURAGE STUDENTS TO TAKE GREATER OWNERSHIP OF THEIR COOKING AND DEVELOP PRACTICAL SKILLS FOR EVERYDAY LIFE AND THE POTENTIAL TO ONE DAY MAKE COOKING A CAREER.

CONSTRUCTION

Grade Seven

Safety in the construction lab will be a major focus, including introductions to a large variety of hand tools along with the Drill press and Band saw. Students will then apply their knowledge and construction skills to produce several wood products, including: A Wooden Cross for home or their lockers, a phone stand for their bedside table, a push stick for the oven or home woodworking and a nail and string art piece.





CONSTRUCTION

Grade Eight

Safety in the construction lab will continue to be a major focus, including the use of woodworking hand tools as well as the Drill press, bandsaw, and Mitre saw. Students will have the opportunity to apply their knowledge and construction skills to produce several products such as a: Pencil Box, a serving tray, a squirrel picnic bench and a cutting board.





CONSTRUCTION

Grade Nine

The class will review the safe use of the tools they have used in addition to learning other power tools as needed. Students will have the opportunity to apply their knowledge and construction skills to produce products such as a chessboard, birdhouse and a Bandsaw Box. Grade nine students will complete an individual project and a partner/group project.





FILM STUDIES

The Grade 8 Film Studies program introduces students to the fundamental elements of film and develops their ability to think critically about movies as a form of art, communication, and visual media. Students will explore how filmmakers use mise-en-scène, historical context, lighting, and colour to communicate ideas, establish mood, and influence audiences. Students will explore how themes are developed through storytelling and examine the process of adapting stories from one medium to another. Through film viewing, discussion, analysis, and creative activities, students will develop an appreciation of film and an understanding of how filmmakers create meaning.

The Grade 9 Film Studies program builds upon students' understanding of film by developing their skills in critical analysis, interpretation, and filmmaking. Students will explore a variety of film genres and examine how conventions, sound design, characters, and archetypes shape a film's story, tone, and emotional impact. Students will revisit theme and adaptation while developing a deeper understanding of how filmmakers communicate meaning. Students will also apply their knowledge of film techniques and genre conventions through the production of their own film trailers, further developing their understanding of the filmmaking process.

PE LEADERSHIP

The purpose of Physical Education Leadership class is to give students the opportunity to build leadership skills through involvement in the school community. This course focuses on developing the students' communication, sense of responsibility, and volunteerism while helping students become positive role models for other students in the building. Students will take part in a variety of leadership experiences within the school, such as helping run intramurals and school sporting events, supporting elementary school activities, and promoting active lifestyles throughout the school. Through these hands-on opportunities, students will learn how to lead activities, encourage and motivate others, solve problems, and work effectively with both students and staff.

SPORTS PERFORMANCE



Sports Performance is designed for students who want to improve their athletic abilities, physical fitness, and overall performance. Through a variety of sport-specific activities, fitness training, conditioning programs, and strength development exercises, students will learn how to train effectively and safely while working toward their personal fitness goals.
A major focus of the course takes place in the fitness centre, classroom and gymnasium where students will learn proper lifting techniques, safe equipment use, and effective training methods in relation to the sport of their choosing. Students in this class are expected to challenge themselves, track their progress, and take ownership of their personal growth. Whether they are competitive athletes or simply looking to become stronger and more active, students will gain the knowledge and skills needed to improve their performance and build a foundation for lifelong physical activity.

FINE ARTS









ART

Art at St. Elizabeth Seton is a hands-on, creative course where students explore how artists use materials, techniques and visual choices to communicate ideas. Students will experiment with a variety of traditional and contemporary media while developing their technical skills, creativity and confidence. The art program focuses on three major components of visual learning: DRAWING, where students record, explore and develop visual ideas, COMPOSITION, where students organize visual elements and materials to create meaning, and ENCOUNTERS with art, where students explore artists, cultures, symbols and the ways visual art communicates ideas and perspectives.



ART

Grade 7
In grade seven, students will build a foundation in the elements and principles of art through sketchbook activities, drawing, painting, colour, pattern and texture. Students will experiment with a variety of materials and techniques while creating both two and three-dimensional artworks. Projects will include opportunities to explore artists, visual symbols and cultural imagery while developing confidence in making and discussing their own artwork.

Grade 8
In grade eight, students will build on their foundational skills while exploring how art can communicate ideas, stories and meaning. Students will investigate symbolism, colour, composition and visual storytelling through a variety of two and three-dimensional projects and materials. Students will explore artists and cultural imagery while developing greater skill in planning, creating and explaining their artistic choices.

Grade 9
In grade nine, students will develop greater independence and begin to explore their own artistic voice. Students will create more complex mixed-media and three-dimensional compositions while experimenting with materials, symbolism, visual storytelling and personal expression. Students will refine their technical skills, make intentional artistic choices and reflect on how their artwork communicates ideas and meaning.

INSTRUMENTAL MUSIC

The concert band or wind band is a large acoustic ensemble. It is similar to the symphony orchestra minus a string section. The Junior High Instrumental Music Program is designed as a sequential and developmental approach to music instruction. Each level grows from those experiences previously presented. At St. Elizabeth Seton, our program's goals are:

- Develop creative, technical, aural and theoretical skills on wind and percussion instruments
- Develop interpersonal skills required for effective ensemble sound and performance
- Develop an understanding and appreciation of the historical and cultural contexts of music.
- Establish the foundations of an enriched life as a result of the musical process
- Generate a sense of community at St. Elizabeth Seton, where music brings us together

Concert Band is (1) built for the student at the individual level, where they learn the art and craft of music making, and (2) for the student as part of a larger collective, where the ensemble incentivizes collaboration. Every student has a unique role in the band and is integral to its success. No prior musical instrument or reading skills are required beforehand however you are required to be dedicated both inside and outside of the classroom.



GUITAR



Musical Instrumental (Guitar) provides students with an opportunity to specialize in learning the guitar. Grade 7 focuses on the fundamentals of guitar, such as reading notes and tablature as well as playing basic melodies and rhythms. Further grades focus on improvisation and composition.

This class is separate from Band and runs for half the year. The school provides guitars and picks. Students can bring their own instruments with parental permission.

SPANISH LANGUAGE AND CULTURE

Discover the World Through Spanish
Spanish is one of the most widely spoken languages in the world, with more than 350 million speakers globally. It is an official language in countries across Europe, North America, Central America, South America, and the Caribbean, including Spain, Mexico, Argentina, Colombia, Peru, Chile, and Venezuela. Spanish is also widely spoken in countries where it is not an official language, including the United States and the Philippines.

Learning Spanish opens the door to a world of communication, culture, travel, and opportunity. For students, the benefits extend far beyond learning another language. Spanish provides a unique opportunity to connect directly with Spanish-speaking people and to explore the rich and diverse cultures, histories, traditions, and perspectives of the Spanish-speaking world.

Spanish also offers valuable opportunities for the future. Spanish-speaking countries play an important and growing role in the global economy, and their increasingly strong trade relationships with Alberta make Spanish language skills an asset in an interconnected world. Whether students are interested in travel, business, international relations, the arts, education, or simply expanding their understanding of the world, Spanish can help broaden their horizons.

The aim of the program is the development of communicative competence in Spanish. This is achieved by focusing on 4 key components: Application, Language Competence, Global Citizenship, and Strategies.

Through the engaging study of Spanish language and culture, students develop the knowledge, skills, and attitudes needed to become confident communicators and effective global citizens. They will use Spanish in a variety of authentic situations and for meaningful purposes while developing strategies that help them become successful language learners and communicators.

Most importantly, learning Spanish encourages students to see the world from different perspectives. As they discover Spanish-speaking cultures and communities, they develop greater respect, appreciation, and understanding for cultural diversity.



FRENCH AS A SECOND LANGUAGE

The French as a Second Language (FSL) program provides students with opportunities to develop communication skills in a second language while fosterin an appreciation for Francophone cultures and traditions. Through engaging activities and authentic learning experiences, students build confidence in their ability to listen, speak, read, and write in French.

The program focuses on four key areas:

- Listening Comprehension
- Oral Communication
- Reading and Writing
- Cultural Appreciation



Throughout junior high, students explore a variety of themes that support language development and encourage meaningful communication. In Grade 7, students learn about school, people around them, and the weather. In Grade 8, they explore food, clothing, and animals. In Grade 9, students expand their language skills through topics such as sports and exercise, housing, and community.
As students' progress through the program, they develop a growing vocabulary, strengthen their understanding of French grammar, and improve their ability to communicate in both spoken and written formats. Learning activities emphasize practical language use, collaboration, and cultural awareness.

Students also gain a deeper understanding of French culture by exploring celebrations, holidays, traditions, and significant events throughout the year. These experiences help students appreciate the diversity of the Francophone world while making meaningful connections between language and culture.

The junior high FSL program provides a strong foundation for continued French studies in high school. Students who choose to pursue French beyond Grad 9 will be well prepared for advanced language courses and will benefit from the lifelong advantages of bilingualism, including communication skills, cultural understanding, and expanded educational opportunities.